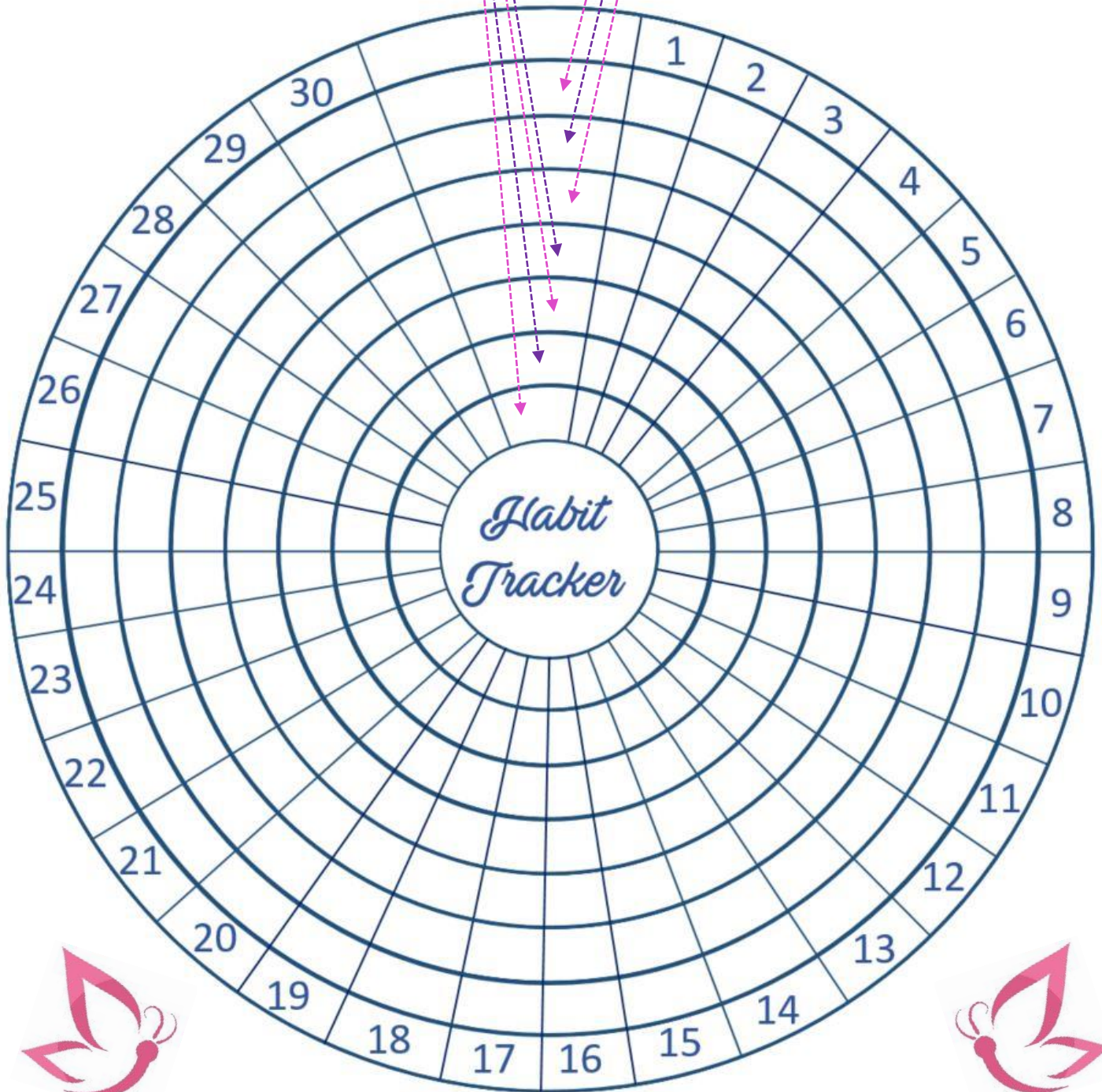


Month: _____



Four sets of dashed-line boxes for writing, arranged in two columns. The left column has four boxes, and the right column has three boxes. Dotted lines with arrows connect these boxes to the habit tracker grid below.



Month: _____



Four dashed rectangular boxes on the left and four dashed rectangular boxes on the right, connected by dashed lines to the habit tracker grid. The lines from the left boxes point to the 16th, 17th, 18th, and 19th columns of the grid. The lines from the right boxes point to the 1st, 2nd, 3rd, and 4th columns of the grid.

